



# Mango Smoothie

*A tropical twist for your morning.*

**Makes 4 servings.**

*1 cup per serving.*

**Prep time:** 10 minutes



## INGREDIENTS

- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
- 5 ice cubes

## PREPARATION

1. Combine orange juice, banana, and half the mango into a blender container. Blend until smooth.
2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

**Nutrition information per serving:** Calories 120, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg